

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

TYPESETTER:

PAPO41

CLEANER:

PAPO41

REDRAWER:

PAPO41

READING:
BATOTO

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

SAEKANO:

KOISURU METRONOME



Author: Maruto Fumiaki

RENGOKU NO KARMA



Author: Hirose Shun

CIGARHOLIC



Author: Keiyuu

OKAERI, TADAIMA,
MATA ASHITA



Author: Momoduki Suzu

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41



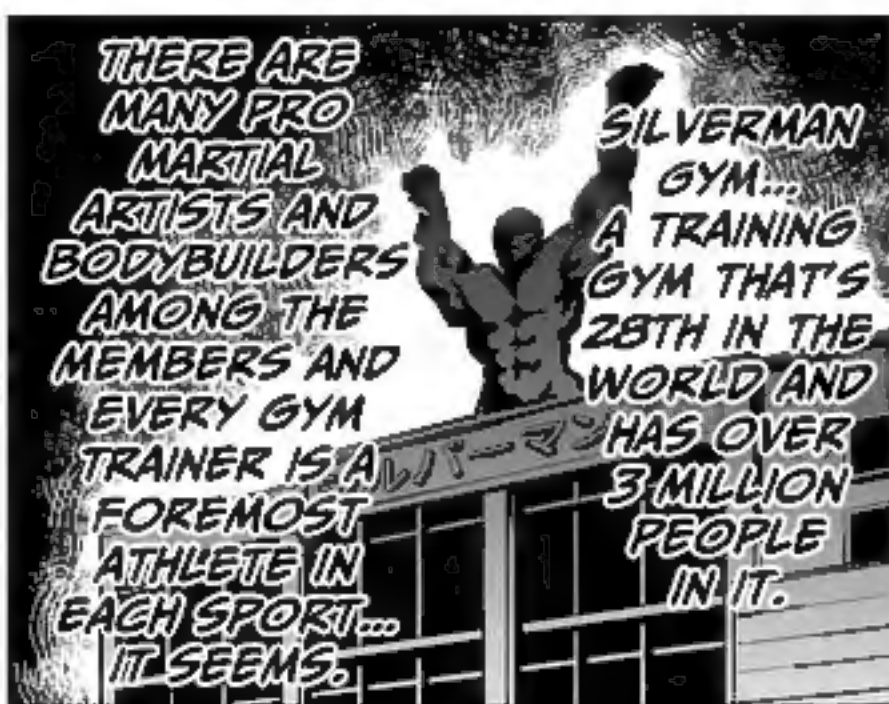
WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.

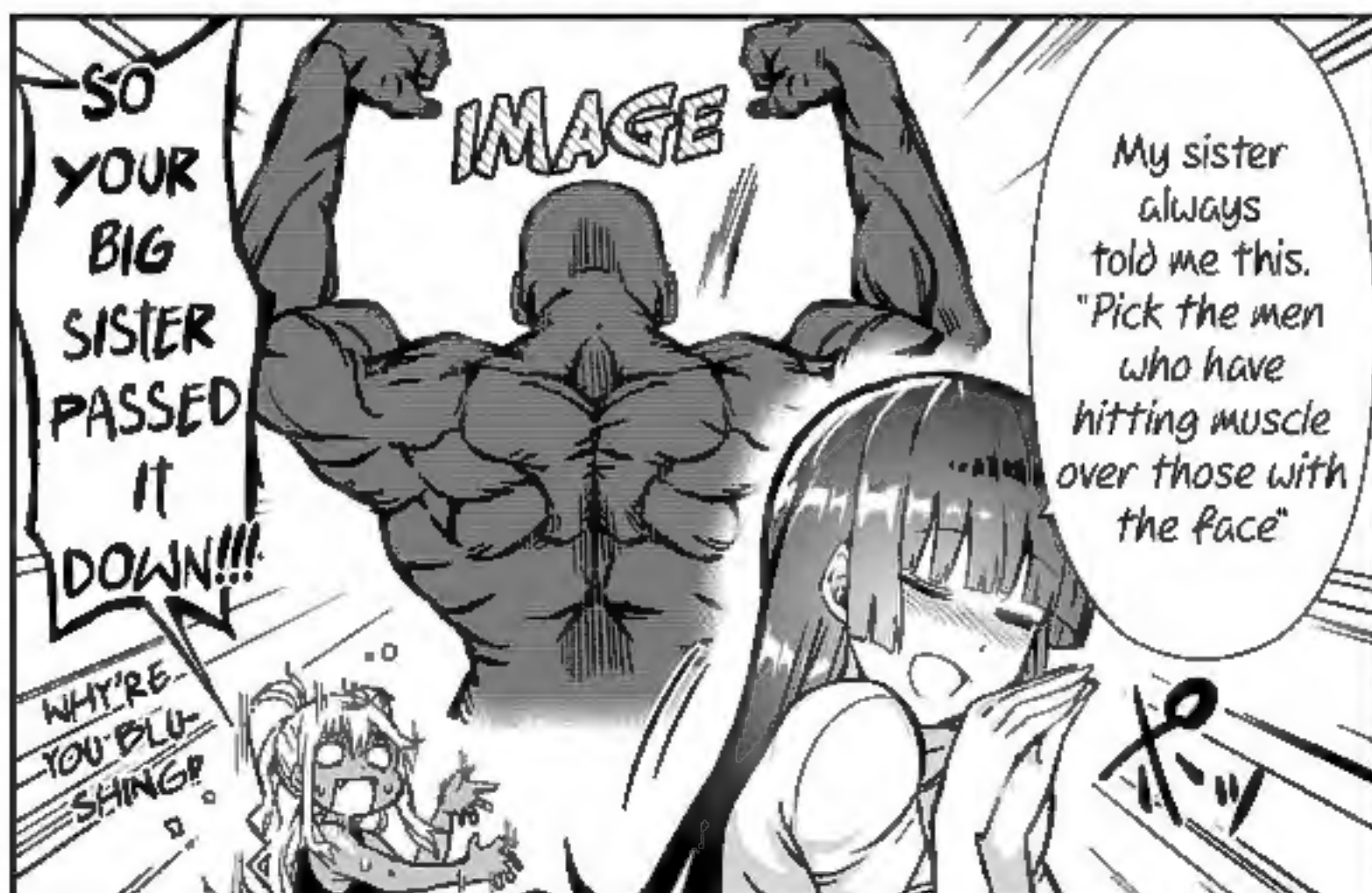
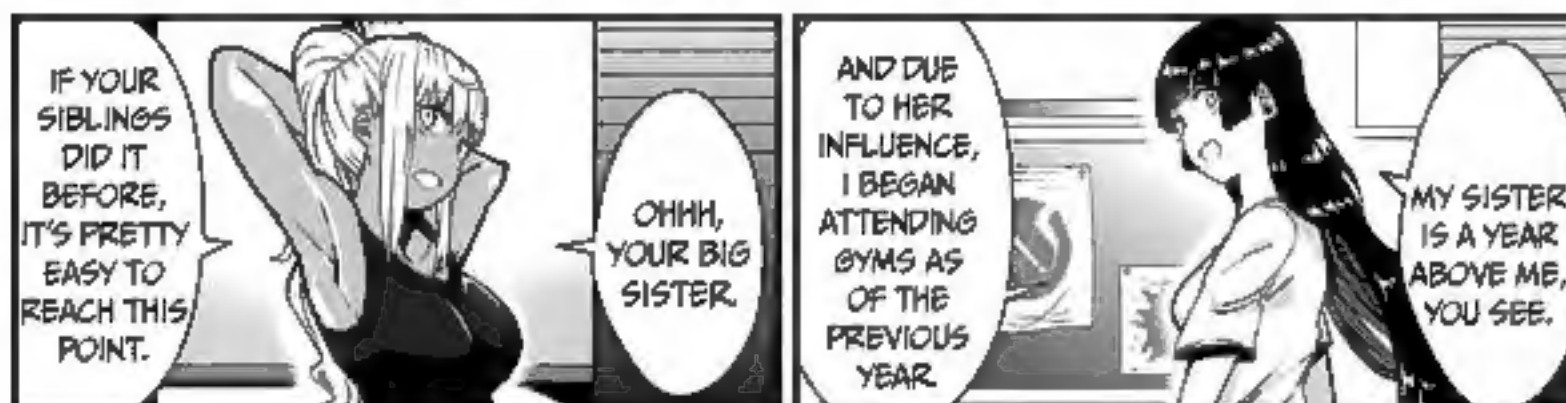
CHAPTER 2: BENCH PRESS



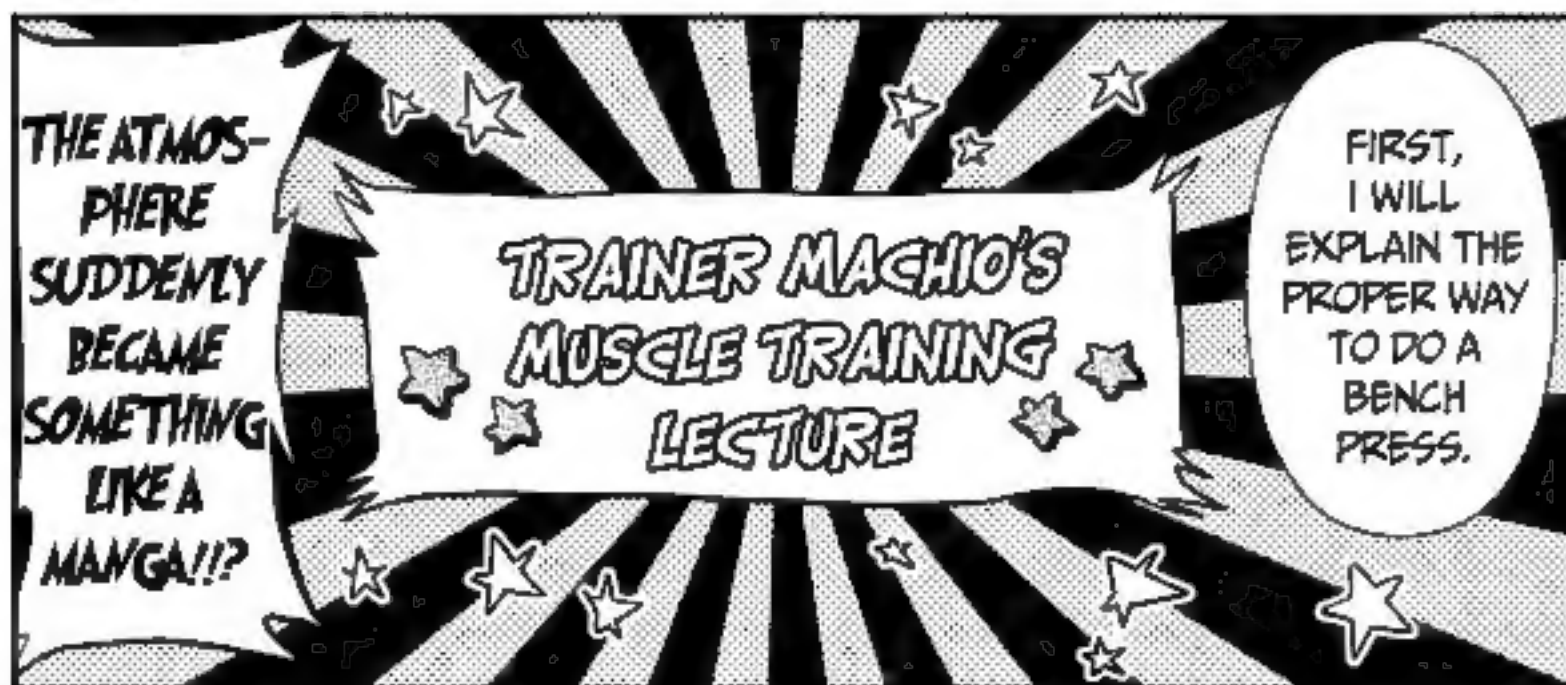
何事も
持て成る？

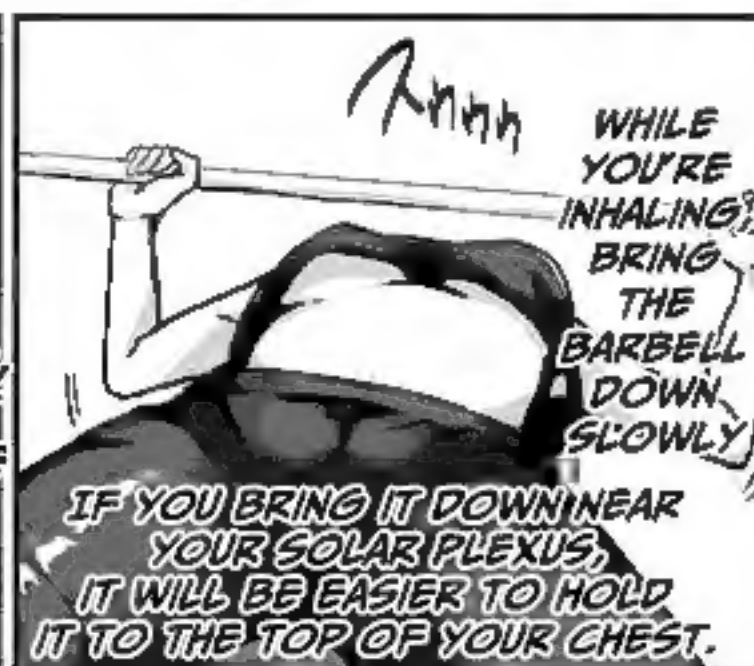
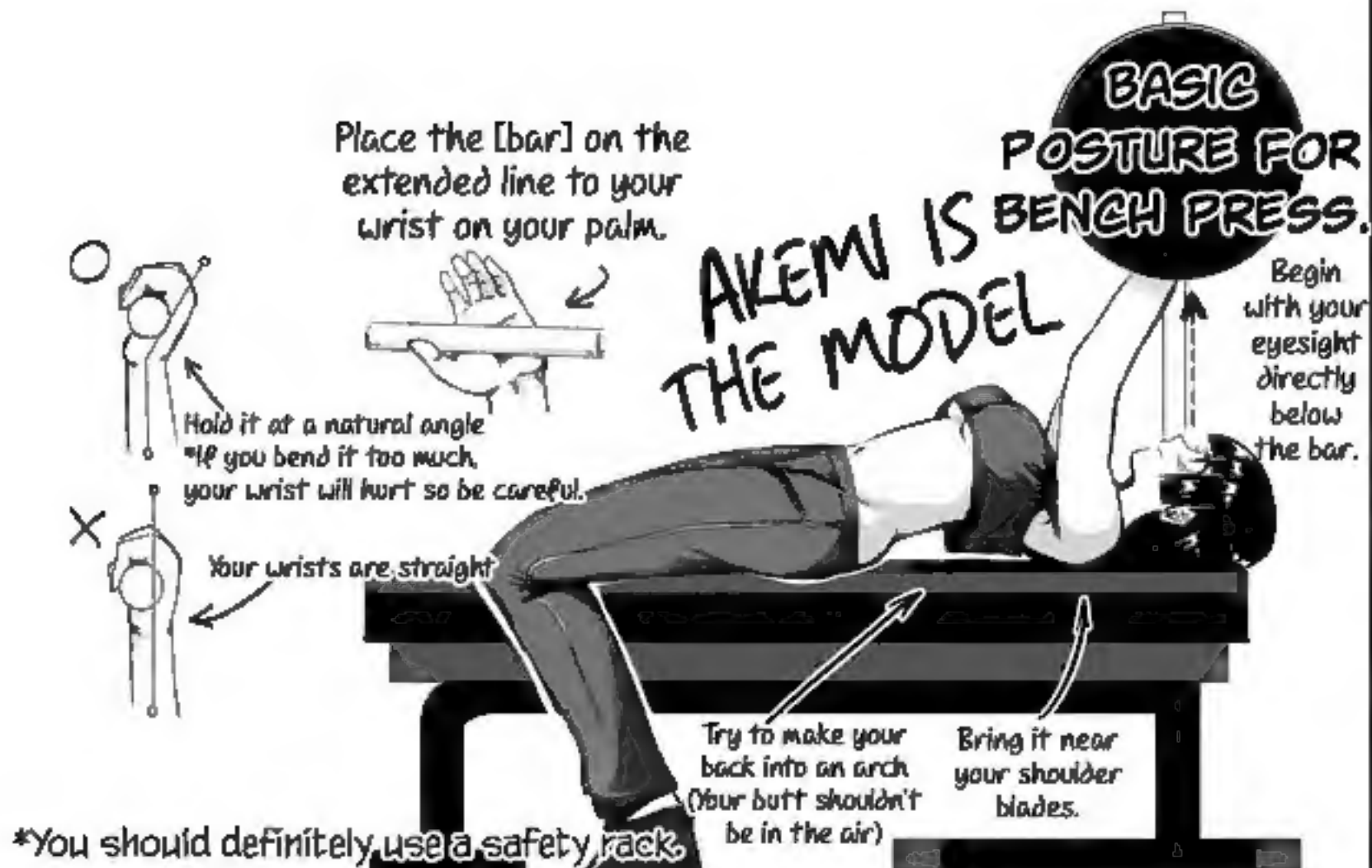
Souryushin
Akemi
168cm/54kg
B80
W59
H83











And the
pectoralis
major (chest).

This is
recommended
training for
those who want
to increase
their chest
size.

The muscles
that the
bench press
works on
are triceps
brachii
(Upper arm),
the deltoid
(Shoulder)

DEL-
TOID
(SHOUL-
DER)

TRI-
CEPS
BRACHII
(UPPER
ARM)

PECTO-
RALIS
MAJOR
(CHEST)

**YOU'RE
CLEARLY FAW-
NING ON HER
WITH THIS
EROTICALLY
EMPHASIZED
EXPLANA-
TION!!!**







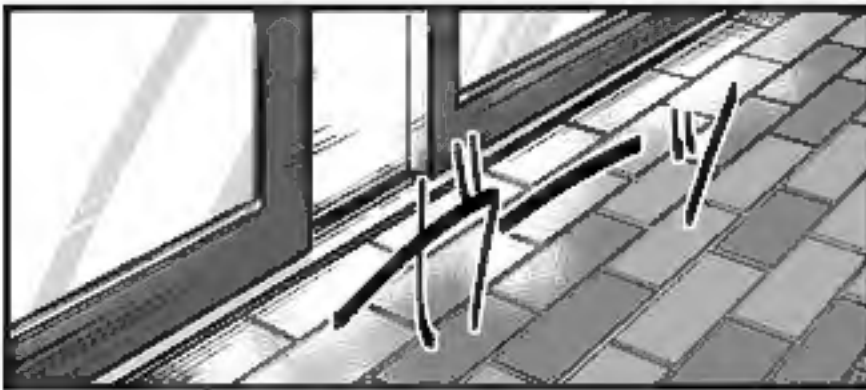












NEXT TIME, IF WE TAKE SOME BCAA* BEFORE TRAINING, THE MUSCLES WILL ACHE LESS.

IT'S YOUR FIRST TIME, SO IT CAN'T BE HELPED.

M... MY BODY'S HEAVY... MY MUSCLES ARE SO GONNA ACHE TOMORROW...

*Amino Acid supplement. It prevents the decomposition of muscle proteins.

...HIBIKI, SPEAKING OF WHICH I'VE BEEN CURIOUS ABOUT THIS.

AW MAN... IF IT'S LIKE THIS FROM THE GET GO, THE FUTURE'S GONNA HURT A LOT...
And the hot trainer is a gorilla

HOT DOG BREAD (350 KCAL)

I, I WONDER...? I EAT 3 MEALS A DAY ASIDE FROM BREAKFAST, LUNCH, AND DINNER I GUESS...?
On big days it would be 4 or something

HUH?

HOW MANY TIMES DO YOU EAT A DAY?

THAT'S WHY I WANTED TO LOSE ONLY WHAT I ATE THROUGH EXERCISE...

I'M A GROWING GIRL SO I GET HUNGRY!

W-WHAT! I CAN'T HELP MYSELF OKAY?

...SO YOU EAT SIX MEALS A DAY?



